

# DO THE SHU ADVENTURE GUIDE

WESTERN GATEWAY EDITION



JANIS SMITH PHOTO

CHASE

NORTH SHUSWAP

SOUTH SHUSWAP

#DOTHESHU



#EXPLORESHUSWAP



# WEYT-K

WELCOME TO THE SHUSWAP!

THIS ADVENTURE GUIDE IS A  
VISITOR SERVICES COLLABORATION  
BETWEEN THE CHAMBERS OF COMMERCE  
REPRESENTING THE VILLAGE OF CHASE AND  
THE NORTH & SOUTH SHUSWAP ELECTORAL AREAS OF  
THE COLUMBIA SHUSWAP REGIONAL DISTRICT.







We would like to acknowledge that we are located on the traditional territory of the Secwepemc, the Indigenous Peoples who have lived and stewarded these lands since time immemorial.

We invite you to walk the lands, wade the waters and take in the natural beauty of Shuswap Lake by exploring the Village of Chase and the small communities that make up the North and South Shuswap regions.

HELLO: weyt-k / [wey] (t-k)

GOODBYE: pútucw / (pooh) (tucw)

THANK YOU: kukwstsétsemc / (kukws) [tsé] (tsemc)

LAKE: pésellkew(pés) (ell)(kwe)

BEAR: kenkékнем / (ken-kék-nem)

Want to learn more?  
Visit [firstvoices.com](https://firstvoices.com)

# TABLE OF CONTENTS



JANIS SMITH PHOTO

8	CHASE
10	NORTH SHUSWAP
12	SOUTH SHUSWAP
14	ON THE WATER
16	REGIONAL MAP
18	FAMILY ACTIVITIES
20	GO TO A MARKET
22	ARTS, CULTURE, HISTORY
25	LIVE MUSIC SCENE
26	TIME TO UNWIND
27	EXPLORE ON 2 WHEELS
28	SEE THE SALMON
29	WINTER ADVENTURE
31	KNOW BEFORE YOU GO





# USING THIS GUIDE

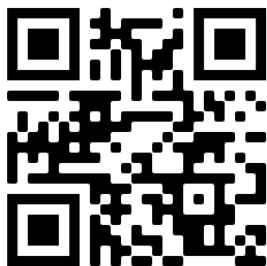


JANIS SMITH PHOTO

Whether you're a resident here (lucky you!) or one of our visitors, we are committed to ensuring your time spent with us will leave you truly satisfied. Here in the Shuswap, we are all about 'The Authentic'.

Using the suggested itineraries and activities within this guide, explore the best we have to offer while keeping your own travel values and interests in mind.

Take the Explorer Quotient (EQ) Profile Quiz. Answering the 20 quiz questions will allow you to discover what's of most importance to you when you travel, based on your interests and personal values. Scan the QR code below or visit **[quiz.canada.travel](https://quiz.canada.travel)**.



# ADDITIONAL TOOLS



ADAMS RIVER RAFTING

This Adventure Guide offers a wide variety of activities and suggestions to make the most of your time spent here. For more detailed information (business, activity or event locations), we encourage you to use the QR Code shown below that will take you to the Visitor Information page that serves all three regions.

[WesternShuswapGateway.com](https://www.WesternShuswapGateway.com)



**WE'D LOVE TO SEE HOW YOU'VE  
SPENT YOUR TIME HERE!**

Post your photos to social media and be sure to tag us! **#dotheshu** **#exploreshuswap**





**Shuswap Tourism** produces a variety of guides and brochures to help you shape your experience in the area. These are available online (use the QR or link below) or pick up a physical copy at our local Visitor Centres and self-serve kiosks located throughout the Shuswap.

[ShuswapTourism.ca/plan/guides](https://ShuswapTourism.ca/plan/guides)

## PICK UP GUIDES & MAPS



### **Chase**

- Visitor Centre - 400 Shuswap Avenue, 250-679-8432

### **North Shuswap**

- Race Trac Gas (Skwlax)
- Tsutswécw Prov Park Pull-out (Lee Creek)
- The Hub Parking Lot (Scotch Creek)
- North Shuswap Community Hall (Celistá)
- Ross Creek Country Store (Magna Bay)

### **South Shuswap Kiosks**

- Balmoral Store
- Intersection of Blind Bay & Balmoral Road
- Blind Bay Marketplace
- Dreamcycle Museum
- Eagle Bay Mercantile
- Sandy Beach Park, Blind Bay Waterfront
- Sorrento Blind Bay Park
- Sorrento Shopping Plaza
- Sunnybrae Community Park
- White Lake Community Park



Chase is a vibrant village nestled between the mountains and along the sandy shores of the Little Shuswap Lake, serving as the western gateway to the Shuswap. You can walk, bike, and even drive a golf cart almost anywhere as you shop the specialty stores, enjoy the eateries, and explore the attractions.

Beyond the lake, Chase offers a splash pad, skate park, off-leash dog park, hiking and biking trails, wading pool and even a zipline! In July and August, Memorial Beach is home to festivals and the free Music on the Lake concert series on Tuesday evenings. In winter, head to the hills to ice fish at Skmana Lake or explore the surrounding cross-country ski and snowshoe trails. If you want to make it a true small-town experience, curl in a bonspiel or grab your cowbell and join the community in cheering on the Chase Heat hockey team.

For help creating your Shuswap Experience, stop by the Chase Visitor Centre located at 400 Shuswap Ave.





# TOP 10 CHASE BUCKET LIST

1

Walk out on the iconic red pier and dive into Little Shuswap Lake.

2

Hit the links with 9 holes of golf at the community's Sunshore Golf Course.

3

Do go CHASEing waterfalls with a visit to the Chase Creek Falls.

4

Learn about the local history and explore the pioneer cabin at the Chase Museum.

5

Take a hike up Scatchard Mountain and explore the expanding trail system.

6

Make new friends at the petting zoo, the Donkey Refuge, and Llama Sanctuary.

7

Get your adrenaline going with a zip over the falls or a 100' drop from the air.

8

Join the eagles and cast a fishing line in the South Thompson River.

9

Step into your cross-country skis or snowshoes and play at Skmana Lake.

10

Load up on local goodness at the Friday Farm & Craft Market, the Corn Stand, & Pumpkin Patch.



# NORTH SHUSWAP



JANIS SMITH PHOTO

The North Shuswap region stretches along 100 kms of shoreline from Lee Creek to Seymour Arm and includes the communities of Scotch Creek, Celista, Magna Bay, Anglemont & St Ives - offering an impressive array of great sights and activities. Its natural beauty and great terrain create an exceptional four season playground. Look for the Visitor Information Kiosks located throughout the region to guide you along your way as you travel up the northern shoreline.

The North Shuswap is home to the Sockeye Salmon Run, an astounding feat of nature. If you are visiting in the fall, it is a must-see while you're here. Tsútswecw Provincial Park (Secwepemc name meaning 'many rivers' and pronounced choo-chwek) is fascinating and beautiful to explore at any time of the year.

Pebble beaches, miles of back-country trails, amazing waterfalls and great homestyle diners, pubs and bakeries make this a truly authentic Shuswap experience.





# TOP 10 NORTH SHUSWAP BUCKET LIST

1

Marvel at the annual Sockeye Salmon Run each fall at Tsústswecw Provincial Park

2

Hike the 3km loop trail to Albas Falls and enjoy the spectacular beauty of the Celista Creek waterfalls.

3

Experience Crowfoot and Pukeashan, exceptional mountain playground for snowmobilers and ATV's.

4

Enjoy rapids like the Weir, the Ledge, the Ender Waves and the famous Adams River Gorge with Adams River Rafting.

5

Tease your palate with a bottle of wine from the award winning Celista Estate Winery.

6

Grab your fishing rod & discover world class fishing for wild rainbow trout on the lake, rivers and streams.

7

Enjoy a round of golf at our local courses, Talking Rock Golf and Anglemont Estates Golf.

8

Join the locals and visitors by visiting the Celista Farmers Market and the Scotch Creek Farm & Craft Market.

9

Grab your beach blanket & picnic and spend the day on any one of the beautiful beaches.

10

Listen to the live music at The Hub.



# SOUTH SHUSWAP



SOUTH SHUSWAP CHAMBER

The South Shuswap sits conveniently along Hwy. 1 on the southern shores of Shuswap Lake. The communities of Sorrento, Blind Bay, White Lake, Eagle Bay, Wild Rose Bay, Notch Hill and Tappen/Skimikin make up the region.

With its many beaches and boat launches, the area is ideal for on-the-water activities. Check out waterfront and off-water dining, artisan markets, museums, farmers markets, wineries and golf courses.

A burgeoning arts and culture scene - enjoy live music concerts in summer and winter; the Shuswap Artisan Market in Sorrento features the work of many artists and artisans. In winter, be sure to experience Walter's Sleigh Rides, ice fishing on White Lake, and snowshoeing and cross-country skiing on the local trails. Visitor Information Kiosks are located throughout the region offering vacation, cycling, trail, motor touring, food, wine and golf guides.





# TOP 10 SOUTH SHUSWAP BUCKET LIST

1

Hike the Mount Baldy Trail. Look out over majestic Copper Island & Blind Bay.

2

Music your thing? Take in a live outdoor summer concert Thursdays at Music in the Bay or cozy in at a coffee house.

3

Discover the Back Hand of God Stout at Crannog Ales or sample the fine wines at Recline Ridge or Sunnybrae Wineries.

4

Visit Dreamcycle Motorcycle Museum to see an amazing collection of bikes.

5

Visiting in winter? Dash through the snow with Walter's Sleigh Rides.

6

Catch a rainbow trout in summer and take in some ice fishing on White Lake.

7

Our beaches and lake life are awesome! Explore by boat, SUP, canoe or kayak.

8

Cool off! Take the kids & dogs to the Sorrento Blind Bay Spray Park.

9

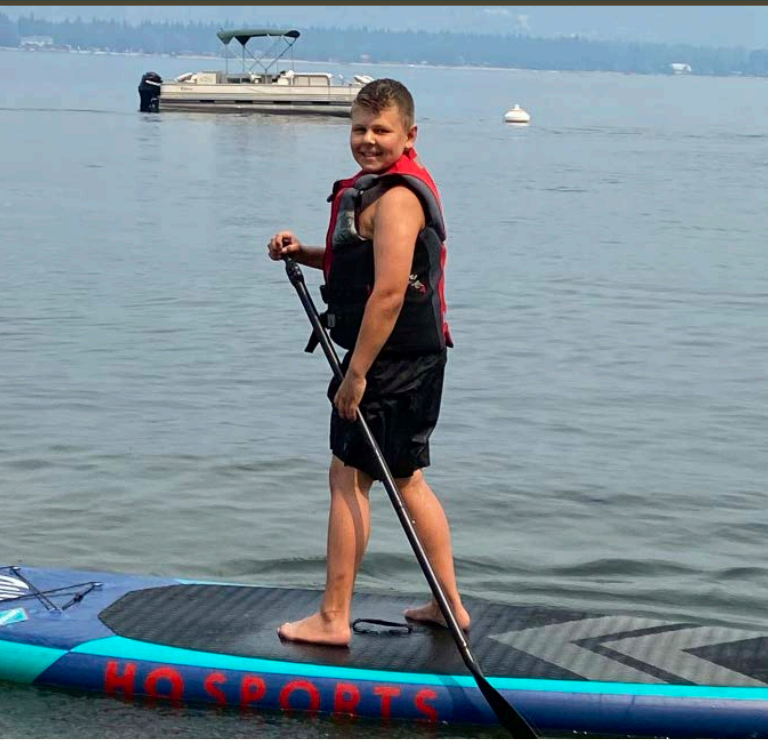
Visit the Sorrento Village Farm Market Saturday mornings or Market by the Bay Thursday evenings in Blind Bay.

10


























Visit Margaret Falls in Herald Provincial Park, a spectacular site not to be missed.



# ON THE WATER



SOUTH SHUSWAP CHAMBER

AREA	ON THE WATER	AUDIENCE	✓
  	Explore the beauty of the lake by kayak	C F A P	
 	Rent a boat and tour the lake	C F A	
 	Hike the trails at Copper Island	C F A P	
	Paddleboard Little Shuswap Lake	C F A P	
	Catch a rainbow on White Lake	C F A P	
 	Fish the Adams Lake	C F A P	
	Cast a line in the South Thompson River	C F A P	
  	Fish the big and little Shuswap Lakes	C F A P	
 	Rent jet skis, boards, or a boat at a marina	C F A P	
  	Pack a picnic & find a sandbar or beach	C F A P	
	Dock and dine at a waterfront eatery	C F A	
	Head to the Shark Shack at the Narrows	C F A	
  	Check out the smaller lakes in the area	C F A P	



CHASE



NORTH SHUSWAP

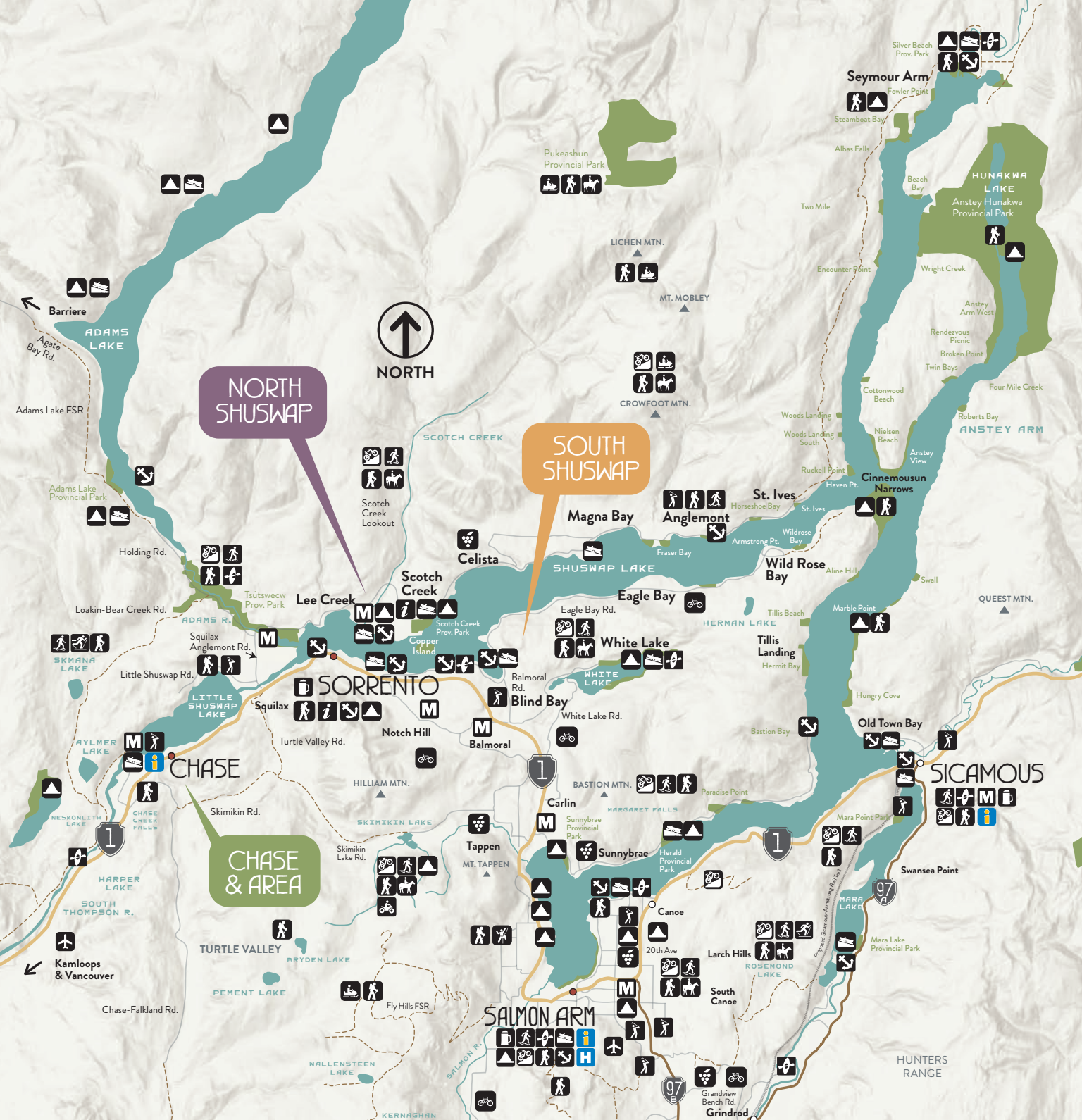


SOUTH SHUSWAP

C=Child F=Family A=Adult P=Pet







#EXPLORESHUSWAP

#DOTESHU



# ASK A LOCAL



## ASK A LOCAL

**Todd Kelly | Shuswap Outdoors**  
**Facebook, Instagram, YouTube**

If you are looking to wet a line or burn some boot leather the West Shuswap is the place to do it. This vast expanse of country is an adventurer's paradise providing countless unique experiences to enjoy.

Fisherman can test their skills against feisty trout and Char. Fly fishing for bug eating trout along the shallows can be done from shore or in a small skiff at almost any point in the lake. Pulling hair (bucktails) is also another fantastic tactic for hooking into these aggressive wild trout as they key in on eating salmon fry that are making their way to the Pacific Ocean. The lake is also home to big bellied Lake Trout that live in the depths and can be targeted by jigging or running downriggers to get your lure to the bottom.






































The area also offers other options for fishing like wading the South Thompson River, or small lake paddling for stocked trout at Niskonlith and White Lakes.



# FAMILY ACTIVITIES



JANIS SMITH PHOTO

AREA	FAMILY ACTIVITIES	AUDIENCE	✓
  	Find a beach. Build a sandcastle	C F A P	
	Go ziplining at Tree Top Flyers	C F A	
  	Get a mile high ice cream cone	C F A P	
	Throw a strike at Village Lanes Bowling	C F A P	
  	Take a hike and find a great view	C F A P	
	Experience the Nature Talk at Shuswap Lake Provincial Park	C F A P	
 	Get soaked at the Chase Splash Pad or at the Sorrento Blind Bay Spray Park.	C F A P	
  	Check out the library's summer program	C F A	
  	Have a campfire roast	C F A P	
  	Go for a family bike ride	C F A P	
  	Count the stars on a clear night	C F A P	
  	Explore our breathtaking waterfalls	C F A P	
	Into dirt biking? Hit the trails	C F A	
  	Pick up a family game at the Dollar Store	C F A	
  	Catch minnows in the lake	C F A P	
	Putt around at the Fun Centre mini-golf	C F A P	



CHASE



NORTH SHUSWAP



SOUTH SHUSWAP

C=Child F=Family A=Adult P=Pet



# ASK A LOCAL



## ASK A LOCAL

**Sarah Tokarek | Shuswap Adventure Girl**  
[www.shuswapadventuregirl.ca](http://www.shuswapadventuregirl.ca)

Located near the base of the infamous Crowfoot Mountain and Mount Evans, nestled in a rich, luxuriant, pristine forest is a rainforest valley reminiscent of the coastal woodlands and is an experience like none other!

The adventure to **Onyx Creek Falls** is unique because at first, you feel like this may not be anything really THAT incredible and special. The forest starts out pretty enough, a meandering pathway takes you gently through a healthy Shuswap forest mixed with hemlock, yew, and pine. On you go, over and under fallen logs, winding along happily through a quiet and beautifully typical, somewhat dry forest. Only 1.5km in as you stand atop a small ridge, looking down the trail, you are hit with an unbelievable sensory explosion! The air hits your face, cool and damp, the smell is woody, mossy, and coastal, the raging creek is loud and alive!



# GO TO A MARKET



JANIS SMITH PHOTO

AREA	FARM & ARTISAN MARKETS	AUDIENCE	✓
	Try fresh, hot buttered corn at CornStock	C F A P	
	Chase Farmers Market on Fridays	C F A P	
	Sorrento Farmers Market Saturday AM	C F A P	
	Scotch Creek Farmers Market Sunday AM	C F A P	
	Celista Farmers Market Wednesdays	C F A P	
	Market by the Bay Thursday Evenings	C F A P	
	Take a tour of the Turtle Valley Donkey Refuge	C F A	
	Make friends at Mim & Little Wyatt's Petting Zoo	C F A	
	Visit the Spotted Moose Farm Store	C F A	
	Kiss a Llama at the Llama Sanctuary	C F A	

## GO FOR A TASTE!

The North Shuswap & South Shuswap regions have a number of wineries and meaderies for your tasting pleasure. Call ahead for hours of operation. Find more details at [www.shuswaptourism.ca](http://www.shuswaptourism.ca)

AREA	WINE & BEER	AUDIENCE	✓
	Celista Estates Winery in North Shuswap	A	
	Recline Ridge Winery, Tappen	A	
	Sunnybrae Vineyards & Winery	A	
	Crannog Ales, Sorrento	A	



# ASK A LOCAL



## ASK A LOCAL

**Margaret McCormick & Nigel Collett**  
**@tasteoftheshuswap – Food Bloggers**  
**[www.tasteoftheshuswap.ca](http://www.tasteoftheshuswap.ca)**

Something that makes the western part of the Shuswap special is the concentration of water access food options.

**Jack Sam's at Quaaout Lodge** is best in class fine dining combined with pretty patio views. Often showcasing Indigenous ingredients, Chef Whittaker and the team create one of a kind menus.

















**Bayside Marina & Grill** and **Finz Bar & Grill** offer boat up or drive up options — enjoy cocktails and summer favourites like pizzas and burgers served up with bulldogs and margaritas. Boaters can't miss the opportunity to chow down at Canada's only floating restaurant, the **Shark Shack** located in the Narrows. And on Saturdays in the summer, the tiny boat access only **Squilax Dock Market** along Little River features musical entertainment and fresh produce.






# ARTS & CULTURE



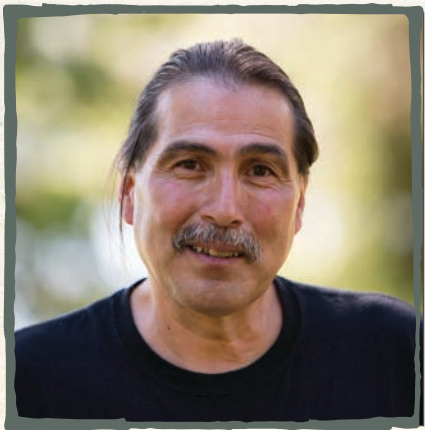
QUAAOUT LODGE / BENJAMIN LUK PHOTO

AREA	ARTS, CULTURE, MUSEUMS	AUDIENCE	✓
	Visit T & L Museum in the North Shuswap	C F A	
	Visit the Chase & District Museum	C F A	
	Take the Notch Hill Cemetery Tour	C F A P	
	Explore the railway history at Notch Hill	C F A P	
	White Post Museum for antiques & cars	C F A	
 	Immerse yourself in Secwépemc Indigenous Culture at Quaaout Lodge	C F A	
  	Check the local art at our local cafés	C F A	
	Stop at Reedman Gallery, Blind Bay	C F A	
	Shuswap Artisan Market, Sorrento	C F A	
 	Little Bear Gift Shop, Quaaout Lodge	F A	
	Art on the Green, August, Blind Bay	A	
	Annual Art Show, August, North Shuswap	F A	
	Explore historic Bear Creek Flume Trails	C F A P	
	Witness the celebration of pride and culture at the Neskonlith Pow-wow	C F A P	
	High Country Pottery Sale, August, Sorrento	C F A	✓

 CHASE
  NORTH SHUSWAP
  SOUTH SHUSWAP  
 C=Child F=Family A=Adult P=Pet



# ASK A LOCAL



## ASK A LOCAL

**Gord Tomma | Cultural Ambassador**  
**Quaaout Lodge & Spa at Talking Rock Golf Course**  
[www.quaaoutlodge.com](http://www.quaaoutlodge.com)

The **Quaaout Lodge & Spa at Talking Rock Golf Course**, nestled on the serene shores of Little Shuswap Lake, offers an abundance of culturally rich experiences that one can immerse themselves into. I invite you to come and explore the Secwepemc ways and culture through:

- Kekuli Winter Home Storytelling
- Smudge Ceremony
- Spiritual Guidance
- Walk the Lands Tour

Pay us a visit at the Quaaout Lodge on June 21st of each year to observe and honour National Indigenous Peoples Day. You'll learn more about the Secwepemc culture and way of life, past and present, through a variety of engaging activities.



# ASK A LOCAL



## ASK A LOCAL

### Joey Nash, Artist

We have a surprisingly vibrant art community in our area. There is enormous variety and talent on offer. For starters, check out the energy and originality to be found in **Shuswap Artisan Market** in Sorrento - with ever changing, handmade treasures to tempt you and local artists in attendance to serve you.

Indigenous art can be found at the **Little Bear Gift Shop** in the **Quaaout Lodge at Talking Rock Golf Course**. And of course, there are many local galleries, art shows and coffee shops that feature the works of our local artists & artisans. Enjoy!



# LIVE MUSIC EVENTS



MUSIC ON THE LAKE, CHASE

AREA	LIVE MUSIC EVENT	AUDIENCE	✓
	Live music at Scotch Creek Hub	C F A P	
	Music on the Lake, Tuesdays, Chase	C F A P	
	Music in the Bay, Thursdays, Blind Bay	C F A P	
	 Cozy Winter Coffee House Concerts	A	
	Small Hall Crawl Music Series, Winter, South Shuswap	A	



CHASE



NORTH SHUSWAP



SOUTH SHUSWAP

C=Child F=Family A=Adult P=Pet

Call ahead for hours of operation, if applicable.

## SHUSWAP CULTURE EVENT CALENDAR



For an area event calendar | [shuswapculture.ca](https://shuswapculture.ca)

For other happenings | [shuswaptourism.ca](https://shuswaptourism.ca)



# TIME TO UNWIND



TALKING ROCK GOLF COURSE

AREA	GOLF	AUDIENCE	✓
	Anglemont Estates Golf Club	C F A	
	Sunshore Golf Course, Chase	C F A	
	Shuswap Lake Golf Course, Blind Bay	C F A	
 	Talking Rock Golf Resort, Quaaout Lodge	C F A	
	Cedar Heights Golf (Short Game) Blind Bay	C F A	

AREA	MOTOR TOURING	AUDIENCE	✓
	Visit Dreamcycle Motorcycle Museum	C F A	
	Check out Rust Valley Restorers	C F A P	
	Stop by Notch Hill's Annual Show & Shine	C F A P	

	SPA TREATMENTS	AUDIENCE	✓
 	Le7ke Spa at Quaaout Lodge	A	
	The Spa Sorrento	A	
	Aria Med-Spa, Blind Bay	A	

 CHASE     NORTH SHUSWAP     SOUTH SHUSWAP

C=Child F=Family A=Adult P=Pet

Call ahead for hours of operation, if applicable.



# EXPLORE ON 2 WHEELS



## EXPLORE ON TWO WHEELS

The Shuswap cycling scene offers more than a little something for everyone – quiet country roads along lakes and rivers, big hit downhill, flow, berms, old school, cross-country, in town/out of town, back country wild and close country natural, bike park features, loops, lines, descent, and distance.

With over 1500 km of quiet paved back roads and 470km of mountain bike trails and cross-country tracks, the Shuswap is a hub of lakeside culture that has found some serious fun cruising the green hills and valleys.

Buckle up! Enjoy life's twists and turns motor touring around the Shuswap. We're at the intersection of Canada's longest roads (the Trans Canada Highway and Highway 97) supported by a network of secondary roads into our mountains and valleys.



# SEE THE SALMON



JANIS SMITH PHOTO

Watch in amazement each fall as the quiet waters of the 12 km Adams River welcome home the sockeye salmon returning to their home waters to spawn after the 4,000 km journey of their lifetime. This river is one of the most important sockeye salmon breeding areas in North America; important to local ecology and sacred to the history and culture of the Secwépemc people. Every four years is a dominant run, the next dominant year being 2022. Gather on the banks of the Adams River at Tsútswecw Provincial Park in the North Shuswap. The 26 kms of trails offer exceptional salmon viewing and birdwatching opportunities.

## WHEN TO VISIT:

Visit Tsútswecw Provincial Park anytime from late September to late October.

AREA		AUDIENCE	✓
	Experience the world-famous salmon run	C F A P	
	Spend time in the Interpretive Cabin	C F A	
	Check out a Kekuli / Winter Home	C F A	
	Explore the story trail on a self-guided tour	C F A P	
	Salmon Sundays - kids educational programs	C F	
	Thanksgiving Weekend Fall Market	C F A P	






# WINTER ADVENTURE



PUKEASHAN MOUNTAIN

Winter sparkles in the Shuswap - with powdery snow and moderate temperatures. No deep freeze on fun in these parts. Our mountains, valleys, meadows and lakefront provide the ideal playground for nordic and back country skiing, epic sledding, ice skating, superb snowshoeing, winter hiking and climbing, ice fishing, sleigh rides and tobogganing.

AREA	WINTER ACTIVITIES	AUDIENCE	✓
	Walter's Sleigh Rides, Notch Hill	C F A	
	Skate inside at Art Holding Arena, Chase	C F A	
	Snowshoe in Sorrento Blind Bay Park	C F A P	
 	X-Country Ski & Snowshoe, Skmana Lake	C F A P	
	Go ice fishing on White Lake	C F A P	
	Cheer on the Chase Heat at a hockey game	C F A	
	Snowmobile on Crowfoot & Pukeashan Mtns	A	
	Learn to curl or join a 'spiel at Chase Curling Club	C F A	
	Guided snowmobile tours at Grizzly Lodge	A	
	North Shuswap Winter Festival Family Day Weekend	C F A P	
	Put on some crampons and hike the Mt. Baldy Lookout Trail, Sorrento	C F A P	
	Skating at Farrells Field Rink, Celista	C F A P	

 CHASE
  NORTH SHUSWAP
  SOUTH SHUSWAP  
 C=Child F=Family A=Adult P=Pet



# EASE YOUR WORRIES



SOUTH SHUSWAP CHAMBER

## PLAN WHEN TO COME!

The climate found here is one of the many reasons why people choose to visit or to make the Shuswap their home. In the summer, we enjoy warm sun-filled days with little rainfall. Spring and Fall are bursting with colour as the seasons change and Winter is met with sparkling snow, making this a true four-season destination!

MONTH	AVERAGE HIGH TEMP.	AVERAGE LOW TEMP.	AVERAGE DAYS of RAIN
January	-1	-5	12
February	1	-5	9
March	7	-2	8
April	14	2	7
May	20	6	10
June	23	10	10
July	27	12	8
August	26	11	7
September	19	7	8
October	11	3	9
November	3	-1	13
December	-1	-5	13

Temperatures shown in CELSIUS.

# KNOW BEFORE YOU GO!

**EMERGENCY 9-1-1**

**REPORT A WILDFIRE \*5555 CELL PHONE**

**SALMON ARM HOSPITAL:**

601 - 10th Street NE Salmon Arm, BC

**AREA HEALTH CENTRES / CLINICS:**

- Chase & District Health Centre  
(Walk-in Clinic & Emergency Care)  
825 Thompson Ave Chase | 250-679-3312
- North Shuswap Health Centre / Clinic  
3874 Squilax Anglemont Road,  
Scotch Creek | 250-955-0660
- Sorrento & Area Health Centre / Clinic  
1223 Trans Canada Hwy, Sorrento | 250-803-5251
- Copper Island Wellness Centre / Clinic  
2417 Golf Course Drive, Blind Bay | 250-675-2196

**KIDS DON'T FLOAT!** - lifejacket kiosks for kids:

- Harbour Boat Launch, Blind Bay
- Sandy Beach Community Beach, Blind Bay
- Markwart Boat Launch, Sorrento
- Sunnybrae Community Park, Sunnybrae
- Herald Provincial Park, Sunnybrae
- Memorial Park Boat Launch, Chase
- Shuswap Lake Provincial Park, Scotch Creek
- Magna Bay Wharf Road Park, Magna Bay
- Bristow Road Boat Launch, Celista
- Beswick Road Community Park, Seymour Arm





CHASE

NORTH SHUSWAP

SOUTH SHUSWAP



JANIS SMITH PHOTO

#DOTHESHU



#EXPLORESHUSWAP

